

December 2019

Carver Council on Aging

What's Inside for December

Holiday SINGO!

Monday, December 2nd at 12:00 pm

Join Jim the DJ Guy for a SINGO filled with festive holiday songs and fun prizes. It all begins at noon.

Drop in for lunch and stay for SINGO!



Adult Coloring Ornaments

Wednesday, December 4th at 10:00 am

Relax while coloring intricate designs that can be used as holiday ornaments for your tree or decorating your home. Drop-in.

"Joy-Filled Holidays"- Moving from a Season of Sorrow to a Season of Joy

presented by Chaplain Ken Hart of
Compassionate Care Hospice

Monday, December 9th
at 10:30 am.

Come hear an inspirational talk on how to navigate the holiday season after a loss. Please register with Connie at 508-866-4698 x3.



Grief Support Group with Chaplain Ken Hart of Compassionate Care Hospice

Tuesdays, December 3rd, 10th & 17th from 1:00 -2:30 pm. Please register at 508-866-4698 x3.

Hand Painted Holiday Wooden Crafts

Tuesday, December 10th, 10:00 am. Register.

Guiding Eyes for the Blind Presentation

Wednesday, December 11th at 10:00 am

Local Guiding Eyes Regional Coordinators and Volunteer Puppy Raisers, Lynn Stas and Lisa Bumbalo, will bring their young dogs in-training to explain the guide dog training process. Please register.

Embellished Holiday Platter Craft

Wednesday, December 18th, 10:00 am.
Please register.

Holiday Socks Yankee Swap

Wednesday, December 18th, 12:00 pm.

Participants will bring a pair of wrapped holiday adult socks to exchange the "Yankee Swap" way! Please register.



Carver Council on Aging Needs "Friends!" Join or Renew Your Membership

Membership Drive January 13th-15th, 9 - 11:30 am.

Bring a new friend to join and you both get a FREE COA lunch voucher!



COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Carole Julius

Monday-Thursday
9 AM-12 PM

508-866-4698
cjulius@sailsinc.org

BOARD OF DIRECTORS

Colleen Preston-Chair
Donna Marie Forand-Vice Chair
Helen Marrone-Secretary
Alan Germaine
Betsy Sullivan

FRIENDS OF THE CARVER COA

Ron Clarke
Vice President
Madeline Joyce
Treasurer

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

SCHEDULE

MONDAYS: 9AM—2PM "Around Town" errands

TUESDAYS & THURSDAYS: Medical Appointments

WEDNESDAYS: Supermarkets

WALMART Plymouth/Wareham - 1st & 3rd

AM

***STOP 'N' SHOP** Plymouth - 2nd & 4th AM

MARKET BASKET Plymouth - Every Wed. PM

**4th Wednesday morning destination subject to change.*

FRIDAYS: SHAW'S Carver - AM

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406. Mark will be available at the COA every 4th Tuesday at 10:00 am in the Nutrition Center.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

**Time to Renew Membership or
Join the Friends!**

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! **Annual membership for 2020 is \$10**. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** for Town Hall Office Hours or to schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM - 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

WELCOME WEDNESDAYS (first Wednesday of each month)

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday - Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Judy Murphy

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

508-866-4698 x 2

ACTIVITIES

Connie Kelly

Activities Coordinator

Tues., Wed. & Thurs.

9 AM - 3 PM

508-866-4698 x 3

ckelly@sailsinc.org

NUTRITION CENTER

Dawn Padovani

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Register: **508-866-4698 x3.**

BACKGAMMON (Returns in Spring!)

BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

CHAIR YOGA with Mary Wilson, Owner of Wild Divinity Yoga Studio.

Mondays - 9 AM. \$5/class.

Call to register at **508-866-4698 x3.**

CRIBBAGE Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3.**

RUMMIKUB / SKIP BO Wed.- 12 PM

New and experienced players for either or both games are welcome.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any of your questions or concerns and will also collect any expired or unused prescription drugs.

SINGO with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

FOOT CARE CLINIC 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for **\$29**. Call for an appointment at **508-866-4698 x3.**

BASKET WEAVING with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30AM. **\$15 per class. Register 508-866-4698 x3.**

Middleboro Council on Aging has openings in their Adult Supportive Day Program "The Good Times Club" The program meets Mon.-Fri. from 8:45 am-2:45 pm. *For more*

information

WHAT'S HAPPENING THIS MONTH

CRAFTS

Tuesday.



The Friends of the Carver COA
call 508-946-2490

Holiday Craft Fair

Saturday, December 7th,

9:00 am-1:00 pm

Find unique homemade gifts for everyone on your holiday shopping list!

Handmade Jewelry, Knitting / Crocheting, Holiday Decor, Baskets, Candles, Home Textiles, Country Crafts and the Friends of the C.O.A.

Bake Sale.

FREE photos with Mr. & Mrs. Claus!
Plus activities for the kids!

Drawings for Gift Baskets & other items, 6 tickets for \$5 or 15 for \$10!



ADULT COLORING ORNAMENTS

Wednesday,

December 4th

at 10:00 am.

Drop-in.

"JOY-FILLED HOLIDAYS"

Monday, December 9th at 10:30 am

Please register with Connie at **508-866-4698 x3.**

PAINTED WOODEN



December 10th,
10:00 am

Choose from a variety of holiday-themed wooden decorations to hand paint.

Please register at **508-866-4698 x3.**

Guiding Eyes for the Blind

GUIDING EYES FOR THE BLIND PRESENTATION

Wednesday, December 11th, 10:00

am. Guiding Eyes for the Blind works to enrich the lives of the blind and visually impaired by providing them with expertly trained guide dogs. Come meet 2 Regional Coordinators with a 5 month old black Lab and a 13 month old Shepherd in-training and



learn how these puppies are preparing to become guide dogs for the blind. Please call **508-866-4698 x3** if you plan to attend.

HOLIDAY EMBELLISHED PLATTER

Wednesday, December 18th, 10:00

am. Have fun decorating this simple silver charger into a sparkling decorative platter to serve your holiday goodies! Call Connie at **508-866-4698**

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm

Sun. - 9am-11 am

Mon./Wed./Sat. - Closed

Home Delivery to homebound residents.

508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.

Monday - Friday

Daily Cost: \$3.00

Call the Nutrition Center at

508-866-4698 x 4

SHINE PROGRAM

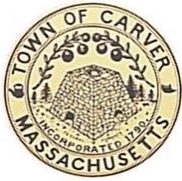
Health Insurance Counseling

Maureen Drilling

Most Tuesdays 9 - 12

Call for an appointment

508-866-4698 x4



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

2019 DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Chair Yoga 9:00  12:00 noon	2 Visiting Nurse 10:00-11:30 <i>Glucose Cholesterol</i> Baskets 9:30 Grief Support 1:00	3 Lulu Cabaret Trip 9:45-4:45 Adult Coloring 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	4 Footcare Appts. BINGO 12:30	5 Baskets 9:30	6	7
8 Chair Yoga 9:00 "Joy-Filled Holidays" 10:30	9 Visiting Nurse Coffee with the Chief 10:30 Wooden Crafts 10:00 Grief Support 1:00	10 Guiding Eyes for the Blind 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	11 Atty. Hale Appts. BINGO 12:30	12	13	14
15 Chair Yoga 9:00	16 Visiting Nurse 10:00-11:30 Baskets 9:30 Grief Support 1:00	17 Holiday Platter 10:00 Yankee Sock Swap 12:00 Acrylic Painting 5:00	18 BINGO 12:30	19	20 Baskets 9:30	21
22 Chair Yoga 9:00	23 CLOSED FOR CHRISTMAS EVE 	24	25 BINGO 12:30	26	27	28
29 Chair Yoga 9:00	30 CLOSED FOR NEW YEAR'S EVE 	31	1	2	3	4